

YONIVYAPAD AND ITS CATEGORIZATION: A LITERARY REVIEW

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INTRODUCTION

Ayurvedic classics discuss the subject of obstetrics and gynaecology in various sections, with the category of 'Yonivyapadas.' It includes diseases affecting female reproductive organs in a structural and functional manner.

All the Acharyas agree on there being twenty Yonivyapads which can be broadly correlated with modern disease categories. However, there is wide variation in regards to the clinical features described for each one by the various authors and other diseases are also described with 'yoni' as a prefix. Additionally, most of the menstrual disorders are described, many of which have overlapping symptomatology with

Yonivyapads.

In the 20 yonivyapads women's ailments can be correlated with some modern diseases directly from their cardinal symptoms such as estrogen deficiency, endometriosis (Vatala yonivyapad), Pelvic inflammatory disease-PID (Paittiki yonivyapad) repeated miscarriage (Putraghni yonivyapad) and likewise.

All acharyas have agreed that there is no Yovivyapadas without a vitiated Vata dosha. "The genital organs of women do not get afflicted without the aggravated Vata dosha." (Ch.Chi 30/115).

For example, this can be explained that Vata's main sthana is the Pakwashaya, with vitiated Vata covering Pitta in Arajaska (Secondary amenorrhoea).

KEYWORDS: Yonivyapad, Yoniroga, Yonivyapad Nidan, Yonivyapad classification.

Yonivyapad

Yonivyapad is consists of two words viz. 'Yoni' and 'Vyapad'.

Derivation of yoni: The word Yoni is derived from the Sanskrit root 'YUJ' (Amarakosha). This means to join or to unite, which is suffixed by 'NI' to form the word 'Yoni.' (Shabdakalpadrum)

Synonyms of yoni

Bhagam, Varangam, Pushpee, Smara-mandiram, Madanalayah, Ratikuharam, Ratimandiram, Janmavartma, Guhyam, Apatham, Adharam, Smaradwajam, Upastha.

Derivation of vyapad

The word "Vyapad" refers to disorders or diseases

Derivation of yonivyapad

- The word Yoni-Vyapad refers to the diseases of the Yoni. (Dalhana)
- The illness based on the female genital tract is Yonivyapad. (Gangadhara)
- The word Yonivyapad means "the diseases of complete reproductive system as well as the diseases of the genital organs of woman."

Samanya nidan of yonivyapad.

Causative factors	Cha.	Su.	B.P.	M.N.	A.S.
Mithya Ahara	+	+	+	+	+
Mithya Viahara	+	+	+	+	+
Pradushta artav	+	+	+	+	+
Beej Dosha	+	+	+	+	+
Daiva	+	+	+	+	+
Vishamangshayan	-	-	-	-	+
Use of Apravya	-	-	-	-	+
Bhrush Maithun	-	-	-	-	+
Pravridha Linga	-	+	-	-	-

Classification of yonivyapad

The Yoni Rogas classified into twenty types in Brihatrayees. In all the of YoniRogas, Vagbhatta has very closely followed the Charaka, while MadhavaNidana, Bhavaprakasa, & YogaRatnakara have followed Sushruta with very slight differences.

Though all the classics have described twenty Yonivyapadas, however, there exist much differences of opinion regarding causative Doshas. Acharya Charaka has described eleven

due to vitiation of Vata, three due to Pitta, one each due to Kapha and Sannipata and remaining four due to vitiation of two Doshas together, while Sushruta has described five disorders under each individual Dosha and five due to all together i.e Sannipata. Different Yonivyapadas as per Acharya Charaka, Sushruta and Vagbhata based on predominance of specific doshas is given in tabular form.

Classification of Yonivyapad

Dosha	Charak	Sushrut	Vagbhat
Vata	Vatiki, Acharana, aticahrana, Prakcharan, Udavartini, Putraghni, Antarmukhi, Shushka, suchimukhi, shandhi, Mahayoni	Udavarta, Vandhya, Vipluta, paripluta, vatala	Vatiki, aticahrana, Prakcharna, Antarmukhi, suchimukhi, Shushka, Shushka, Vamini, shandhi, Mahayoni
Pitta	Paittiki, raktyoni, Arjaska	Rudhirkshara, Vamini, samsrini, Putraghni, Pittala	Paittiki, Raktayoni
Kapha	Shlaishmiki	Atyananda, karnini, acharana, aticharna, shleshmala	Shlaishmiki
Tridoshaj	Sannipatiki	Shandhi, phalini, Mahati, suchivaktra, Sarvaja	Sannipatiki
Vatapittaj	Vamini, Paripluta	-	Lohitkshaya, paripluta
Vatakaphaj	Upapluta, Karnini	-	Upapluta, Karnini
Krimij	-	-	Upapluta, Karnini, vipluta

Madhavnidan, Bhavprakash and Yogratanakar (Y.R. Yonivypad) had followed Acharya Sushrutas classification. The difference exist between Sushrut and madhavnidan in case of two Yonivyaads i.e., Lohitkshaya given by madhavnidan and Yogratanakar for Acharya Sushrut it is 'Lohitkshara'. Madhavnidan mentioned the symptoms like heavy menstrual bleeding/amenorrhea where as Acharya Sushrut has mentioned the oozing of blood/spotting during menses.

Vataj Yonivyapad

Ayurveda says that women of Vata Prakruti, when consumes diet and indulges on other Vata dosha aggravating factors, then the Vata get vitiated. Provoked Vayu reaching to yoni (reproductive system) produces symptoms like pain, Sthamba, Piplika, Supti, Karkashta etc.

According to Acharya Charak, eleven Yonivyapadas are to vitiation of Vata dosha. These are as follows

1. **Vatiki Yonivyapad:** If a woman having Vata constitution (Prakriti) resorts to food and regimens which cause aggravation of Vayu, then the aggravated Vayu gets located in the reproductive organs to produce Toda, Vedana, Stambha, Pipilika Srapti (sensation as if ants are crawling), Karkashata, Supti, Aayasa caused by Vayu in that place (reproductive organ). Because of aggravated Vayu, she gets menstruation discharge which is sa- shabda (associated with sound and pain), Phena, Tanu, Ruksha strav.
2. **Acharana Yonivyapad:** If the genital tract is not washed properly, then Jantava grow there to cause Kandu. This ailment attended with Kandu is called Acarana. The women suffering from this ailment has excessive desire to have sexual intercourse with Narah.
3. **Aticharana Yonivyapad:** Because of excessive sexual intercourse, the aggravated Vayu cause Shopha, Supti and Ruja in the genital tract of the woman. This ailment is called Aticharana.
4. **Prakcharana Yonivyapad:** If a girl before attaining appropriate age, indulges in sexual intercourse, the aggravated vata vitiates her reproductive organs, and cause vedana in her Prishtha, Kati, Uru and Vankshan pradesha. This ailment is called Prakcharana.
5. **Udavartini Yonivyapad:** If in a woman the course of the natural urges are reversed and made to move upwards, then the aggravated Vayu causes upward movement of the menstrual blood. This makes the woman afflicted with pain. She gets painful menstruation because of the tendency of the discharge to move in the reverse direction. Immediately after the discharge of Raja, she gets relief from the pain. Because of this tendency of the Raja to move upwards, the wise physicians call this ailment as Udavartini.
6. **Antarmukhi Yonivyapad:** If a woman after a heavy meal enters into sexual intercourse in improper posture, then the Vayu located in the channels of her Yoni gets suppressed by the food. This aggravated Vayu causes distortion of the cervix. As a result of which she suffers from Vedana in the Asthi and Mamsa. Because of excruciating pain, Maithuna becomes intolerable for her (dyspareunia). This ailment of the Yoni is called Antarmukhi.
7. **Suchimukhi Yonivyapad:** If a pregnant woman resorts to Ruksha Aahara-Vihara, then vayu in her gets aggravated. Because of the unctuousness of this aggravated Vayu, the Yoni of the female foetus in the womb of the mother become narrow in opening. This ailment of the Yoni is called Suchimukhi.

8. **Putraghni Yonivyapad:** When the aggravated Vayu, because of its Rukshya destroys each and every Garbha produced from the Dushta Artava, the ailment is known as Putraghni
9. **Shushka Yonivyapad:** If during the sexual intercourse, the woman suppresses her natural urges, then the aggravated vayu causes obstruction to the passage of Mala and Mutraand(urinary bladder), Yoni Mukha Shoshana. Because of this dryness of the Yoni, the ailment is called Shushka yoni.
10. **Shandhi Yonivyapad:** Because of the Beeja Dosha, the Vayu in the foetus destroys its developing Asharya in the womb of the mother. In the later stage of her life, this offspring develops Dvesha for men, and her Stana do not grow. The woman having this ailment is called Shandhi, and Chikitsa of such a patient should not be attempted i.e. this ailment is incurable.
11. **Mahayoni:** If the woman sleeps in a Vishama posture or on an uncomfortable bed during sexual intercourse, then the Vayu gets aggravated to cause dilatation of the openings of her uterus and vagina. Since the dilated openings do not get closed, she suffers from Vedana and Ruksha, Phena mixed Strava of blood from the Yoni. She suffers from Shoola in the joints and Vankshana Pradesha.
12. **According to Acharya Sushrut,** there are five Yonivyapadas are due to vitiation of Vata dosha. They are as follows
13. **Udavarta Yonivyapad:** Besides being painful, Phena Yukta Raja, there are other pains of Vata.
14. **Vandhya Yonivyapad:** In Vandhya Yoni the Artava is destroyed. Dalhana has explained that the only difference in Shandhi and Vandhya Yonivyapad is absence or presence of breasts respectively. It has presence of other Vatika type of pains.
15. **Vipluta Yonivyapad:** Characterised with Nitya Vedana in Yoni associated with others pains of Vata. Due to over flooding with pain of Vata, it is termed as Vipluta.
16. **Paripluta:** Paripluta (dyspareunia) is the disorder in which there is severe pain during coitus.
17. **Vatala:** Vatala (dryness of the vagina) is the disorder in which the Yoni becomes Karkasha, Stambha, Shoola and Toda pidita.

According to Vagbhata Samhita, Yonivyapada due to vitiation of Vata dosha are as follows

1. **Vatiki:** Both Vagbhata have described that improper postures during sleeping, excess of sexual intercourse, vitiation of the menstrual flow, use of bad materials for coitus,

disorders of the beeja (ovum) and effects of actions of previous lives- due to this Vata dosha gets aggravated and produces pricking and dilating types of pain, loss of sensation, feeling of ants crawling, loss of movement, roughness and noise (gas coming out with noise through vagina) and frothy, slight reddish black, thin and dry menstrual blood flow, (non unctuous) dropping of groins and flanks, discomfort and gradual development of abdominal tumour.

2. **Aticharana:** This Vatiki Yoni afflicted with Vata dosha where yoni gets inflamed due to Ativyavaya, then is termed as Aticharana.
3. **Prakcharana:** Maithuna with Atibala produces pain in her Pristha, Jangha, Uru and Vankshana and Vayu vitiates the Yoni. It is known as Prakcharana.
4. **Udavarta:** Both the Vagbhata have followed Charaka. Vata aggravated by suppression of the Vegas, produce pain in the Yoni and expels Phena Yukt Raja with difficulty, this is known as Udavarta.
5. **Jataghni:** It is caused by Anila (vata) which, by increasing the dryness of the vitiated Artava, kills every child that is born.
6. **Antarmukhi:** Acharya Vagbhata says that indulging in Maithuna after heavy meal or adopting abnormal postures, Vata dosha localised in the Yoni gets aggravated, with Asthi and Mamsa leading to distortion of the orifice and causes Tivra Ruja, this is called Antarmukhi.
7. **Suchimukhi:** Vagbhata says that Vata getting aggravated in those females who indulge in foods which cause increase of Vata, producing narrowing of the Yoni Dwara.-
8. **Shushka:** Due to the habit of suppressing the Vegas during the period of Ritukala, Vata gets aggravated causes accumulation of Mala and Mutra leading to dryness of the Yoni, accompanied with Ati Vedana.
9. **Vamini:** Here both the Vagbhata have followed Acharya Charaka. In this Vata responsible for excretion of Shukra after conception.
10. **Shandi:** The woman who presents features of aggravation of Vata in her Yoni due to defect in the Beeja(ovum), who hates Men and has no (developed) Stana is known as Shandhi and cannot be cured.
11. **Mahayoni:** Vata getting aggravated, obstructing the Yoni and the mouth of Garbhashaya, causes them to dilate, drop down and painful yoni like that of Vatiki. The Mansa of Yoni and Garbhashaya protrude out and cause Maha Ruja. This is known as Mahayoni.

Pittaj Yonivyapad

Mithya Ahara (abnormal diet), like eating in large amount of Katu (spicy), Amla (sour), Lavana (salty), Kshara (alkaline) Aahar, pitta gets vitiated and reaches Tryavarta Yoni. And produces symptoms like Yoni Paka (suppuration), Yonigat Ushnata (vaginal hotness), Kunap Gandhi Yoni Strava (menstrual blood with dead body smell), Jwara (pyrexia) is seen as Sarvadehik Lakshan (general symptom) which it total causes Pittaj Yonivyapad.

According To Charaka

1. **Paittiki Yonivyapad:** It is caused by the excessive intake of Katu, Amla, Lavana, Kshara ingredients as a result of which the woman suffers from Daha, Paka, Jwara and Ushanata. Her menstrual discharge become Neela, Peeta and Krishna in colour, and in large quantity, Ushna and having Kunapa-Gandha (offensive smell of a dead body). This type of vaginal bleeding occurs even during inter-menstrual period or this disease resembles Pittaja Asrigdara (Chakrapani).
2. **Rakta Yonivyapad:** If the woman resorts to (food and regimens) which cause Rakta-Pitta. Then her Rakta being vitiated by pitta flows in excess quantity through the Yoni, and blood-flow does not stop even when the woman becomes pregnant. This condition is known as 'Asruja'. Chakrapani has explained that excessive bleeding leads to abortion, thus the woman remains without a progeny hence is also termed as 'Apraja'. Due to excessive bleeding per vagina, it is also known as Raktayoni.
3. **Arajaska Yonivyapad:** If Pitta located in the Yoni vitiates blood, then there will be no menstruation. In addition, patients will be Krisha and extreme Vivarnata. Chakrapani has described amenorrhoea as a symptom.

According to Sushrut

1. **Lohitakshara:** In this condition there occurs oozing of blood with Daha from Yoni. Acharya Dalhana has quoted opinion of others that this disease is characterised with loss of Lohita i.e menstrual blood and is termed Lohitakshara.
2. **Vamini:** Yoni which vomits Beeja (fertilized ovum) with Raja is known as Vamini..
3. **Sramsini-Prasramsini:** In this condition any irritation causes excessive Strava from Yoni. Yoni also get displaced and labour is also difficult due to abnormality of passage. Other features of Pitta vitiation i.e Daha and heat etc. are also present.
4. **Putraghni:** The product of conception is repeatedly aborted with Rakta Strava, besides there are other clinical features of disordered Pitta i.e Daha and heat etc.

5. **Pittala:** Pittala Yoni (acute inflammation of the female genitalia) is the disease in which there is an excessive Daha, Paka of Yoni along with Jwara.

According To Vagbhata

1. **Paittiki:** Both Vagbhatas have described that Pitta gets aggravated by its own causes, getting localised in the Yoni produces Daha, Paka, Ushnata, foul smell discharge, Jwara, Neela, Peeta or black colour yonistrav. Raktayoni: When there is copious Rakta Srava is known as Raktyoni.

Kaphaja Yonivyapad

According to Ayurveda, due to intake of Kaphaj predominant Aahar Vihar, the Kapha Dosha get vitiated. Consequently, the Kapha reaches Yoni by aggravated Apana Vayu and produce Pichhilata Strava, Kandu, Shitalata etc. in yoni. All of these are characteristic symptom of Kaphaj Yonivyapad.

According To Charaka

Kaphaja Yonivyapad: By the intake of Abhishyandi ingredients (which cause obstruction to the channels of circulation), the aggravated Kapha vitiates the Yoni of the women, then it cause Pichhilata, Shitalata, Kandu and Vedana in her Yoni. Her body become Pandu Varna. Her Aartava will be Pandu Varna and Pichila. Chakrapani has equated this with Kaphaja Asrigdara on the basis that yellowish discharges per vagina are present during inter-menstrual period also.

According To Sushruta

1. **Atyananda:** Woman suffering from Atyananda Yonivyapad does not get satisfied with coitus, others symptoms of vitiated kapha dosha such as Shitata and Kandu etc. are also present.
2. **Karnini:** Karnini (cervical growth) is that condition in which there is a growth in the Yoni caused by Kapha and Shonita. Other features of vitiation of Kapha i.e Shitata and Kandu etc. are also present.
3. **Acharana:** Woman gets hyper excited even before the Maithuna, as well as much earlier than man. Acharya Dalhana has clarified that in this disease the woman is hyper excited during coitus than the man or else she feels excessive itching over Yonipradesh. Fertilisation also does not occur in this case.

4. **Aticharana:** It is caused due to excessive Maithuna. The woman does not achieve conception. It is associated with other clinical features of vitiation of Shlesma.
5. **Shlesmala:** It is the one in which the Yoni is associated with Pichhila, Ati shitala, and is associated with Kandu.

According To Vagbhat

Shlaishmiki: Both Vagbhatas described that Kapha getting aggravated by use of foods which increase moisture leads to Shlaishmiki (Kaphaja Yoni Vyapd) characterised by absence of feeling of Vedana, Shitlata, Kandu and discharge of Pandu, Pichchila Strava.

Sannipataj Yonivyapad

According To Charaka

Sannipatika Yonivyapad: If the woman indulges in Samashana (intake of wholesome and unwholesome food together) of all the Rasas (tastes), then all the three Doshas located in Yoni and Garbhashaya get vitiated to cause manifestation of signs and symptoms of all the three Dosas. She becomes afflicted with Daha and Shoola. Her Aartava will be Shweta and Pichchila. Chakrapani has equated this with Sannipatika Asrgdara due to presence of bleeding during inter-menstrual period also.

According To Sushruta

1. **Shandha:** Woman suffering from Shandhi Yoni does not have Artava and Stana, though she is capable of coitus, however her Yoni feels very Khara. The features of all the Doshas i.e dryness and pricking pain due to Vata, Daha and Ushanata due to Pitta and Shitata and Kandu due to Kapha are also present.
2. **Phalini:** When young woman has coitus with a man having big size penis, then she suffers from Phalini. Dalhana giving another name as 'Aphalini' says that woman remains infertile. Here features of all the Doshas are present.
3. **Suchivaktra:** It is characterized with excessive narrowing of its orifice, besides there are other pains and aches of all the three Doshas such as dryness and Toda due to Vata, Daha and heat due to Pitta and Kandu and Shitata etc. due to Kapha dosha.
4. **Sarvaja:** Presence of clinical features of all the three Doshas.
5. **Mahati:** Mahayoni (procidentia) is that disease in which there is an excessive dilatation of Yoni. Others symptoms of all the three Doshas are also present.

According To Vagbhat

Sannipatiki: Both Vagbhata explained that diseases arise along with secondary affections from the aggravation of all the Doshas together, having all the features of Tridosha.

Vata-Kaphaj Yonivyapad**According To Charaka**

1. **Upapluta Yoni:** If a pregnant woman indulges in kapha Vardhaka Aahara Vihara, and suppresses the manifested urge for Vamana veg as well as Shwasa, the Vayu in her Yoni gets aggravated. This aggravated Vayu carrying kapha to the genital organs vitiates the latter. This gives rise to discharge of Pandu Varna along with Toda. This ailment in which her Yoni is pervaded with the morbidities caused by aggravated Kapha and Vayu is called Upapluta.
2. **Karnini Yoni:** If the pregnant woman stains prematurely to expel the foetus, then the Vayu in her Yoni gets obstructed by the foetus. Being afflicted with Kapha and Rakta, this aggravated Vata dosha give rise to Karnika in her Yoni. This 'Masaankur' obstructs the course of Rakta, and the ailment is called Karnini.

According To Vagbhat

1. **Upapluta:** This having the features of increase of Vata and Kapha, exudes Yonistrava which is Shweta in colour and Pichhila, this is known as Upapluta yoni.
2. **Karnini:** By the premature initiation of the urges, Vata getting aggravated along with Shlesma (Kapha) and Rakta (blood) produces Karnika in the Yoni obstructing the channel of the Raja. This is known as Karnini Yonivyapad.

Vata-Pittaj Yonivyapad**According To Charaka**

1. **Paripluta Yoni:** If a women of Pitta constitution suppresses the manifested urge for sneezing and eructation during the sexual intercourse with man, then the aggravated vayu being afflicted by Pitta vitiates her Yoni. This cause Shotha, Vedana during Sparsha in her Yoni as well as Neela, Peeta, Rakta Srava. She suffers from Vedana in Kati, Vankshana and Pristha and Jwara. This ailment is called Paripluta Yoni.
2. **Vamini:** If the Shukra which is deposited in the Yoni of the woman for six days or seven nights is excreted with or without Vedana, then the ailment is called Vamini Yonivapad.

According To Vagbhata

1. **Paripluta Yoni:** Both Vagbhatas have followed Acharya Charaka; says that the woman belonging to Pitta constitution who suppresses the Vagas of sneezing and bleching during copulation, goes in for aggravation of Vata along with Pitta which together vitiate the Yoni, which become swollen, intolerant to touch, painful, exuding Neela, Peeta Rakta yonistrav, associated with feeling of heaviness of the Basti and Kukshi, Atisara, Arochaka, Ruja in the Shroni, Vankshana, Toda and Jwara.
2. **Lohitakshaya:** Loss or decrease of Rajo Dhatu is caused by aggravation of Vata and Pitta dosha together and is accompanied with Daha and discolouration Of menstrual flow. This is called Lohitakshaya.

According To Vagbhata Krimij Yonivyapads is

Vipluta: Vipluta is due to not washing or cleaning the vagina, gives rise to growth of Krimi (bacteria etc.) and cause itching, because of itching the woman desires copulation often.

DISCUSSION

It is difficult to explain the difference of opinion of authors regarding causative Doshas of the conditions like Shandha yoni or Shanda yoni, Mahati yoni or Mahayoni, Suchivaktra yoni or Suchimukhi yoni having almost identical names as well clinical features. It is remarkable to note that some Vyadhi which are written by Acharya Charaka, their name, sign and symptoms are similar to that written by Sushruta but etiology is quite different for e.g Paripluta Yonivyapad according to Charaka is produced by Vata and Pitta dosha but Sushruta mentioned it in Vataja Yoni Vyapad. Some of the Yonivyapads as Antarmukhi, Shushka, Upapluta and Prakcharana are not mentioned by Acharya Sushruta. Likewise Charaka not mentioned Vandhya, Phalini and Prasransani. Both Vagbhatas have explained the Doshik involvement similar to Charaka except some conditions. Among these, two have similarity in clinical features but name and etiology is different for e.g according to Charaka, Arajaska is Vataja Vyadhi but according to Vagbhata Samhita Lohitakhsaya is Vatapittaja Vyadhi. Second example is Acharana Yonivyapad; according to Charak, Acharana is Vataja Vyadhi but according to Vagbhata it is named as a Vipluta which is Jantuj Vyadhi. Another example includes name and clinical features are identical but etiology is different i.e Vamini according to Charaka and Vagbhata it is Vatapittaj and Vataja Vyadhi respectively. Another one includes name and causes are similar but clinical features different i.e. According to Charaka

clinical feature of Putraghni is repeated abortions but according to Vagbhat, clinical feature of Jataghni is repeated neonatal deaths.

CONCLUSION

Description of gynaecological disorders is scattered in our Ayurvedic literature and it is found only under the heading of Yonivyapads. Total twenty types of Yonivyapad has been described in Brihatrayee but that number twenty is given simply plurality of condition, not the exact number as treatment of many other gynaecological diseases are given in treatment part. World is looking towards Ayurveda as the perfect diagnosis of the disease and effective treatment modalities. Modern medicines have unsatisfactory results along with some side effects too. So there is a great scope for research to find out a safe, potent, effective and less costly remedy of Ayurveda for management of all the Gynaecological disorders.

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